

# RENOV8

Renov8 is our all-encompassing small group training and weight loss program launching this fall! This will be an 8 week program that includes twice a week group conditioning PLUS weekly nutrition counseling, planning and education with our Team Nutritionist. This program also includes a Pre & Post Measurement/ Assessment, Team Challenges, Social Media Integration and an Early Bird Registration Discount!

**Morning | September 11 - November 8**

**Mondays & Wednesdays 9:00 - 10:00am**

**Evening | September 12 - November 9**

**Tuesdays & Thursdays 6:00 - 7:00pm**

**FREE Information Session: Monday August 28th 7:00-7:45pm**

Pre & Post Assessment with Trainer  
Body fat, girth measurement, photo

Be a Team Member  
Team challenges

Weekly Team Nutrition Education

Week 1 - nutrition info

Week 2 - clean eating

Week 3 - food hacks

Week 4 - emotional eating

Week 5 - social eating

Week 6 - nutrition tabata

Week 7 - the power of willpower

Week 8 - maintenance mode

## Members SAVE

with Early Bird Registration  
through August 24th!

Members:

Registration through August 24th  
\$110/month

Registration after August 24th  
\$158/month

Non-Members:

\$206/month



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